

# Oregon Pain Summit 2020: The Role of Trauma in the New Pain Paradigm

Sunday, January 26, 2020

7:30–8:00 Registration & Breakfast (provided)

8:00–12:00 Workshop sessions (pick one of the four available workshops below) (4 CME)

## Using Narrative Medicine Practices in Trauma-Informed Health Care | Lissanthea Taylor, PT, & Julia Traylor, LMT

The practice of trauma-informed pain care requires skills of listening and understanding stories that are not taught in any standard health education curriculum. Narrative medicine is a field of medical humanities that equips health professionals with a greater awareness of how stories work, which enables greater communication skills with people telling challenging stories. Modern pain science approaches persisting pain as an emergent concept involving distributed brain activity. Modern pain care needs health professionals that have the building blocks of narrative skills to deliver psychologically informed care. For people to make sense of their pain, and move towards recovery, they need health professionals that can help them to re-author their life stories and discover the possibilities within them.

In this four-hour practical workshop, participants will learn reading and reflection skills through studying stories, poetry and artwork. Reflective writing and sharing in pairs will build a new appreciation for the power of listening and witnessing stories, as well as enhancing professional relationships. Discussions will include the ethical basis of clinical storytelling and the role of reflective narrative practices in maintaining clinician wellness and career longevity. Participants will leave with a personalized plan to continue their narrative medicine study.

### Objectives

1. Interpret a written text through the process of close reading and discussion of its narrative features
2. Develop enhanced understandings of others' perspectives and deepen professional relationships with peers through reading and responding to one another's writing
3. Articulate and demonstrate the value of short five-minute writing exercises as a meaning-making process for health professionals' lived experiences
4. Assess the value that narrative medicine practices have for self-reflection and well-being for professionals working in trauma-informed pain care settings

## Primordial Paradigm: How the Gut-Brain Connection Impacts Pain | Dr. Erika La Vella, DO

Dr. La Vella is a metabolic surgeon with expertise in the human microbiome and the gut-brain axis. In this workshop, she will take participants on a journey through the anatomy and physiology of the autonomic nervous system and the development and impact of the human gut microbiome. Both the autonomic nervous system and the human gut microbiome communicate with each other to confer changes in behavior and processing of key neurotransmitters.

### Objectives

1. Overview of the pain science triangle, the autonomic nervous system, and the microbiome
2. Keystone species and microbiome development through early life experiences to present stage of life. Impacts of environment and medical interventions
3. Autonomic nervous system development through early life experiences to present stage of life. What it means to be trauma informed and how to address this part of physiology
4. Tying it all together. Gut-brain-axis and "cross-talk" between diet, behavior and body. This will also include movement and self-journaling/mapping of development

Samaritan Health Services is accredited by the Oregon Medical Association to provide continuing medical education for physicians.

Samaritan Health Services designates this live activity for a maximum of four (4) AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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## Moving Beyond Pain (& Opioid) Management: How to Transform Your Clinical Practice Through Applied Pain Science | Dr. Kevin Cuccaro, DO, & Tina Corey, MSW, LCSW

The purpose of this half-day interactive workshop is to give attendees the knowledge and skills to provide transformative pain care to their clients and communities. During the training, we'll explore the commonalities between trauma, pain and substance use disorders; common misconceptions (clinician and client) that interfere with therapy; and how to explain pain to engage complex pain patients in care. Attendees will also learn therapeutic pain strategy through examples and case discussions with a special emphasis on clients with trauma and/or substance use disorders.

### Objectives

1. Identify and explain how modern pain science integrates and enhances clinical pain care
2. Appraise and assess pain's role in learning, memory, and future behaviors (& future pain)
3. Evaluate and integrate psychosocial factors into a healthcare treatment plan and be able to explain their rationale to clients
4. Synthesize the knowledge presented in this workshop to formulate how to apply their current clinical strengths to modern pain care
5. Educate, empower, and provide hope to their clients with pain and/or past trauma in diverse care setting

## Motivational Interviewing: Bridging the Gap | Dr. Kathlynn Northrup-Snyder, PhD, CNS, MSN, RN

This engaging half-day workshop introduces the concepts of Motivational Interviewing through the lens of working with a person with chronic pain. Motivational interviewing is a well-known method to shift behaviors with practical and research support. Past attendees have said the following about this workshop:

- "I learned a more effective and efficient way to talk with patients."
- "This is great for getting deeper information without them feeling attacked or overwhelmed."
- "This is the best thing in the world I have learned"

### Objectives

1. Explore several models related to behavior change, examine appropriate strategies for different stages of readiness to change, practice applications that partner with clients on their goals
2. Identify the components of the spirit, foundations, and principles of Motivational Interviewing
3. Begin identifying one's own values and assumptions related to the change process, and how they influence client engagement behaviors
4. Identify common indicators of client's becoming ready to change, and techniques to assist clients in designing a plan for change